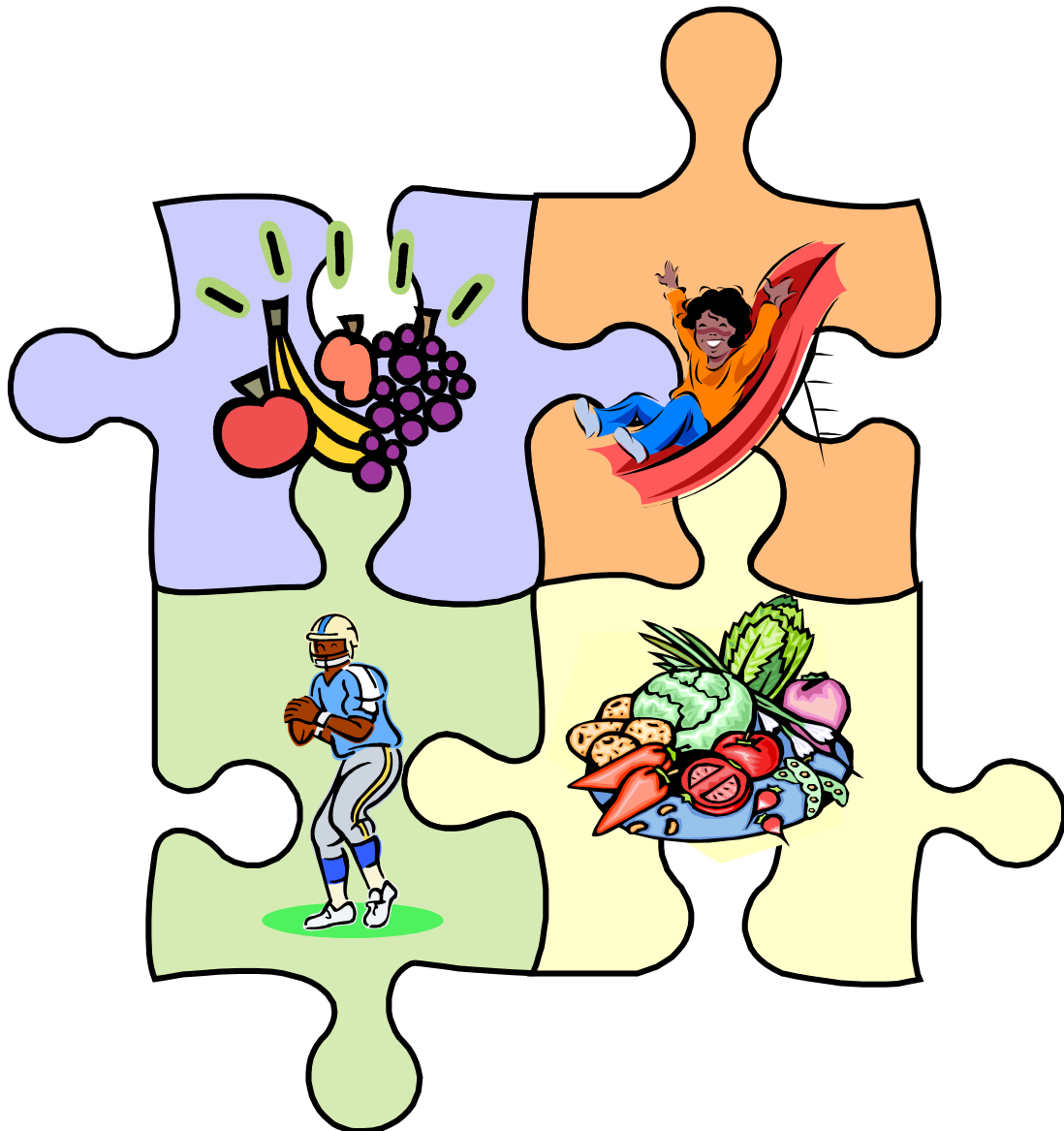




"Weigh to Go"

An Educational Coloring & Activity Book
for ages 9 to 12





The National Association for Sports and Physical Education recommends that school age children get 60 minutes or more of physical exercise every day.

Ways to Exercise

D	H	T	D	W	E	E	R	J	I	G	Q	
	G	B	G									
S	U	O	B	A	J	D	U	Y	N	M	N	
	Q	A	N									
W	Z	R	P	T	N	M	L	I	M	I	L	J
	SI											
A	Q	K	K	S	P	C	P	L	D	O	I	
	L	E	L									
L	L	S	S	R	C	P	I	A	A	H	Y	
	H	B	B									
K	F	N	O	M	I	O	L	N	B	B	J	
	D	A	M									
I	H	P	M	K	L	B	T	I	G	Q	K	
	R	L	U									
N	E	Z	S	K	R	T	K	C	W	I	Y	
	C	L	T									
G	V	Y	I	E	J	I	K	T	H	P	T	
	Z	I	Z									
B	Z	K	L	G	N	I	M	M	I	W	S	
	G	P	K									

BASEBALL
ING

DANCING
ROPE

KICKBALL
SKIPPING

SWIMMING

BASKETBALL

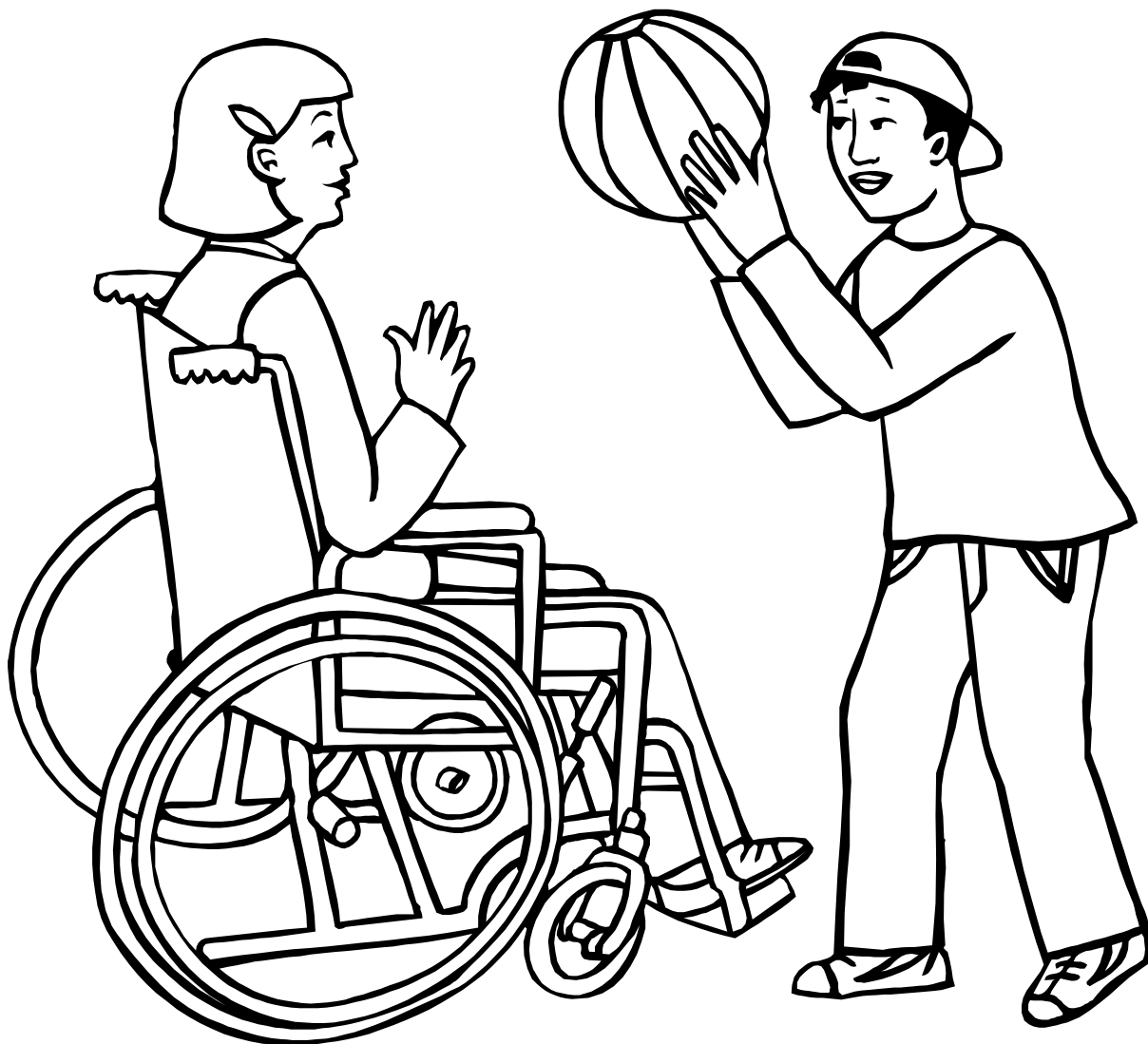
HOPSCOTCH

ROLLER BLADING
SOCCER

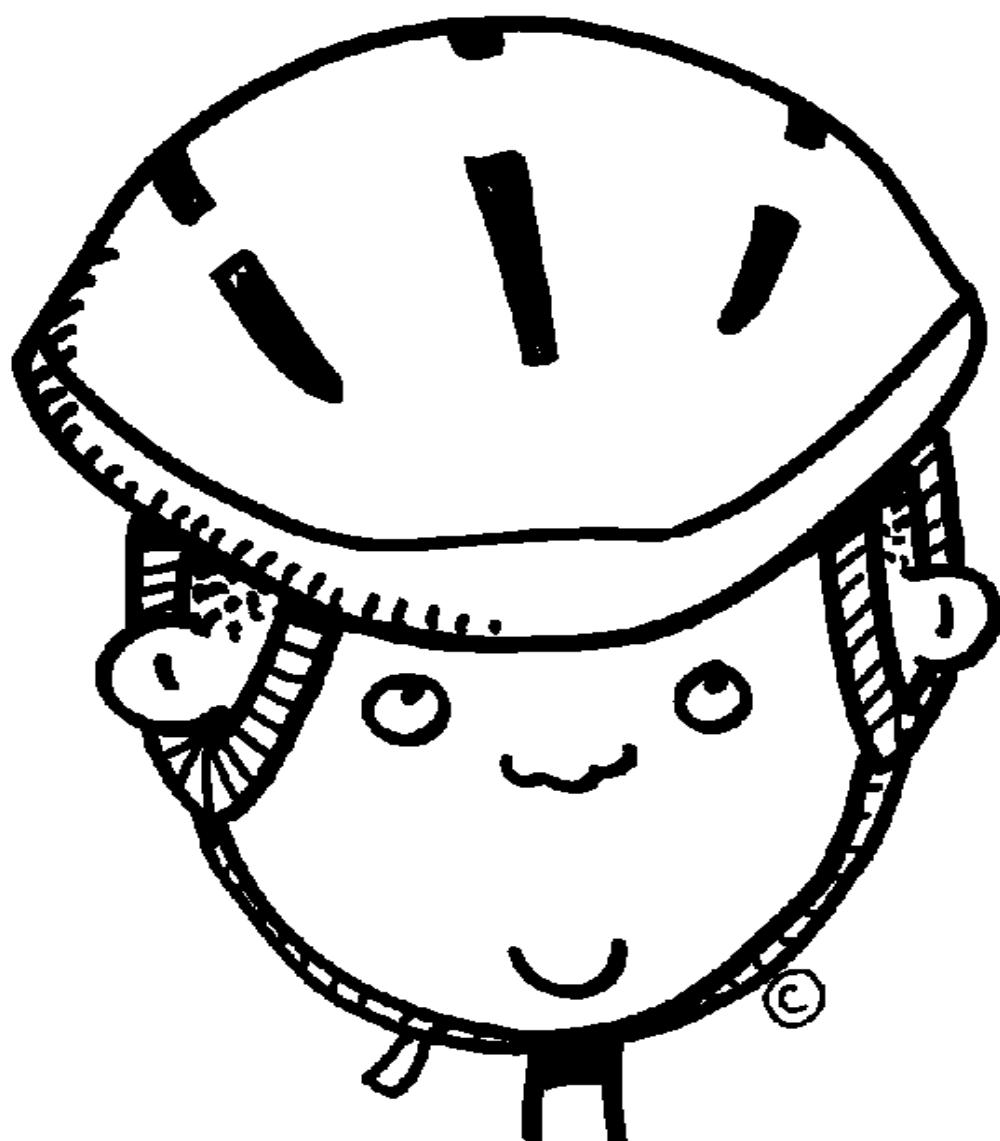
BIK-

JUMP

RUNNING



Playing basketball for
10 minutes burns
77 to 106 calories.



Safety is important even during exercising and playful activities.

Wear a helmet with protective elbow and knee pads when rollerblading and biking.

Wear the right kind of shoes for your activity.

Healthy Foods

B	B	S	C	Z	B	B	H	S	S	P	H
	A	I	H								
O	R	O	N	A	Z	E	W	E	Z	O	C
	PQ	I									
K	R	O	N	A	A	S	L	I	R	T	I
	P	O	M								
N	S	A	C	L	C	B	G	R	I	A	N
	L	T	D								
U	N	N	T	C	A	K	N	R	C	T	I
	E	M	T								
A	T	H	I	T	O	E	S	E	E	O	P
	S	K	Q								
M	Y	R	E	S	K	L	I	B	B	E	S
	Z	P	N								
R	I	G	U	C	I	T	I	W	H	S	I
	F	D	U								
W	E	L	I	G	B	A	L	A	N	C	E
	D	A	I								
V	I	H	K	T	O	B	R	R	I	G	A
	T	E	N								

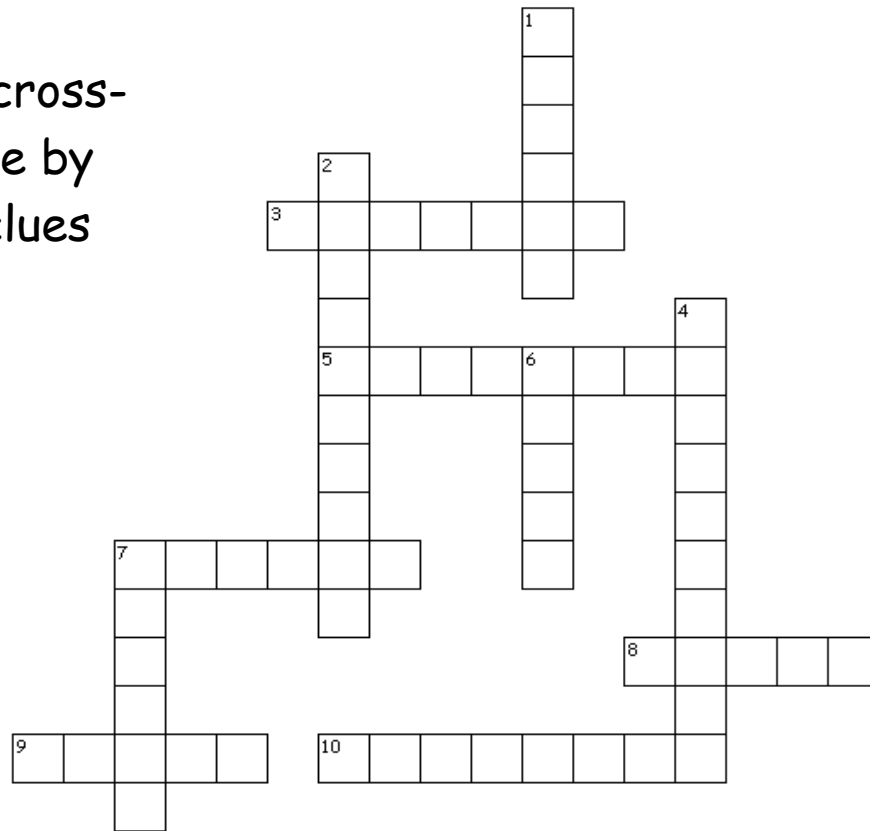
APPLES
BREAD
CHICKEN
FISH
GRAPES
HEALTHY
PASTA
RICE

BALANCED
BROCCOLI
CORN
FRUITS
MILK
POTATOES
SNACKS

BANANA
CARROTS
EGGS
NUTS
RAISINS

Crossword Puzzle

Fill in the cross-
word puzzle by
using the clues
below.



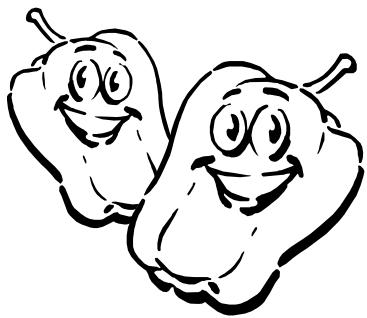
Across

3. builds strength and flexibility if done 2 to 3 times a week
5. do this activity daily
7. exercise and eat together
8. you should get at least 10 hours of this every day
9. a liquid you should drink plenty of
10. a vegetable that grows underground

Down

1. a fruit that monkeys enjoy
2. a recreational activity that uses a ball and hoop
4. you should eat 2 1/2 cups of these every day
6. a food that should be limited
7. you should eat 1 1/2 cups of these every day

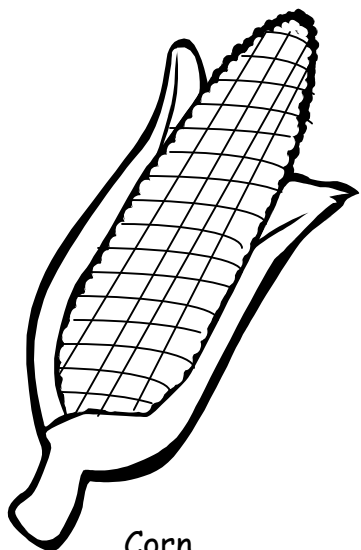
Answers:
Across: 3. dancing 5. exercise 7. family 8. sleep 9. water 10. potatoes
Down: 1. banana 2. basketball 4. vegetables 6. chips 7. fruits



Red and green peppers



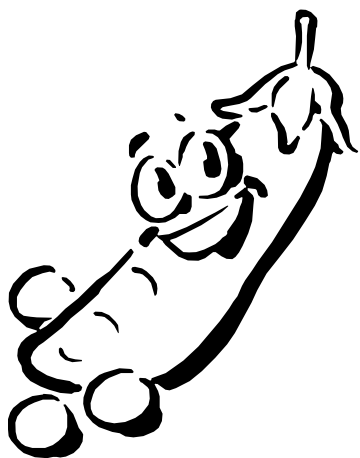
Carrots



Corn

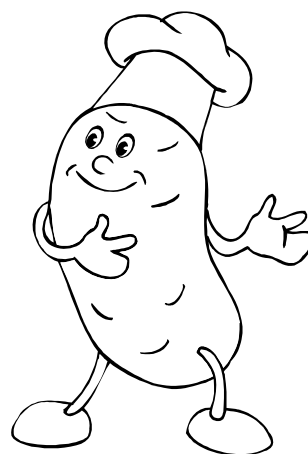


Broccoli



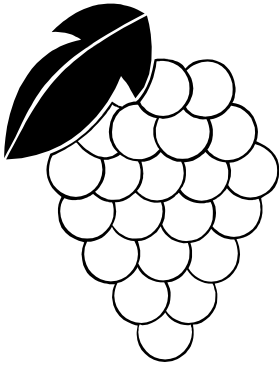
Peas

Vegetables

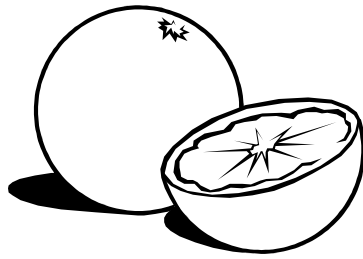


Potato

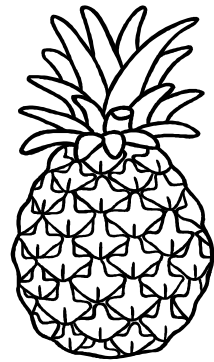
Fruits



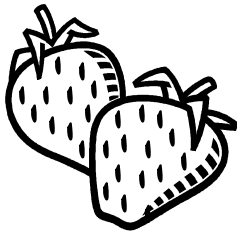
Grapes



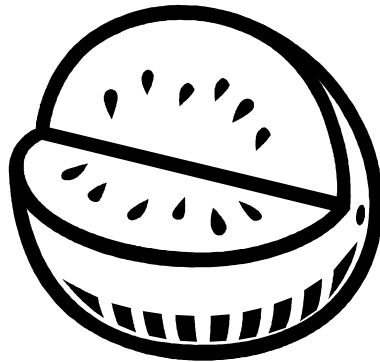
Oranges



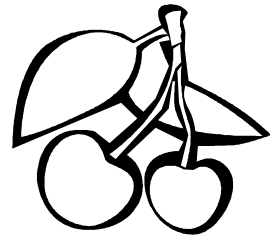
Pineapple



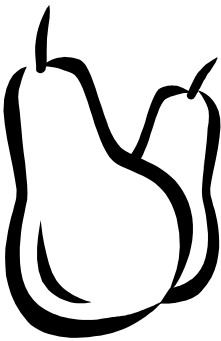
Strawberries



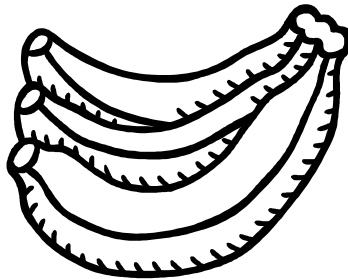
Watermelon



Cherries



Pears



Bananas



Apple



Unscramble the Words

1. selablba

2. sihcapyl vciatiseit

3. yidla

4. asfitye

ANSWERS: 1. baseball 2. physical activity 3. daily 4. safety 5. basketball 6. running 7. exercise



Riding a bicycle for 10 minutes
burns 36 to 49 calories.

Ride your bike for at least 20
minutes, 3 to 5 times a week.



It's never too late to join
group physical activities.



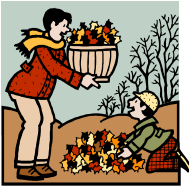
Swimming the back stroke
burns 95 to 130 calories.

Swimming the breast stroke
burns 91 to 125 calories.

Freestyle swimming burns
87 to 130 calories.

Even treading water will burn
between 35 to 48 calories.

Activity Guidelines



Everyday

Play outside

Walk to the store

Chores around the house



3 to 5 times a week
(at least 20 minutes)

Biking

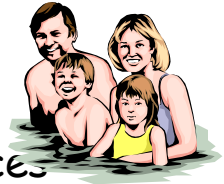
Swimming

Kickball

Running

Basketball

Relay races



2 to 3 times a week

Dancing

Climbing

Swinging

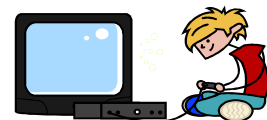


Cut down on

Watching television

Video/computer games

Sitting more than 30
minutes at a time



1 = a
 2 = b
 3 = c
 4 = d
 5 = e
 6 = f
 7 = g
 8 = h
 9 = i
 10 = j
 11 = k
 12 = l
 13 = m
 14 = n
 15 = o
 16 = p
 17 = q
 18 = r
 19 = s
 20 = t
 21 = u
 22 = v
 23 = w
 24 = x
 25 = y
 26 = z

Match the letters to the numbers and write a secret message!

5 1 20

20 15 7 5 20 8 5 18

1 14 4

16 12 1 25

20 15 7 5 20 8 5 18

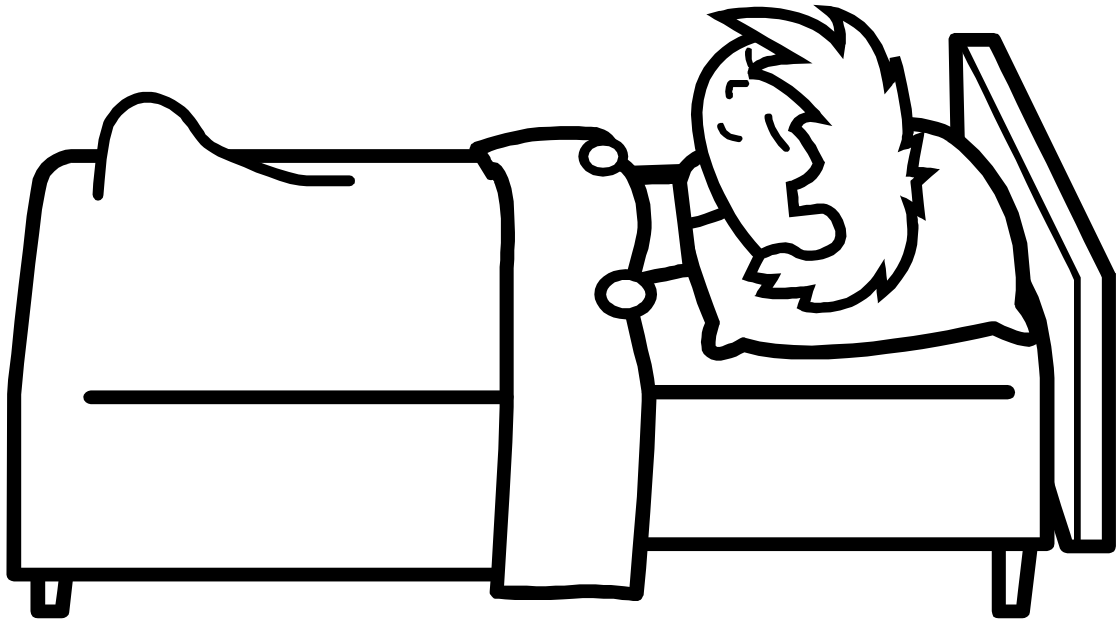




Raking leaves and doing other
chores around the house are
ways to exercise too!



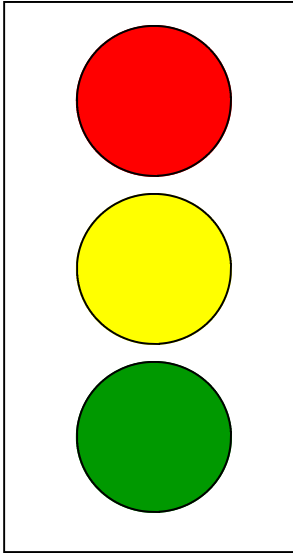
For good health, brush your
teeth 3 times every day.



Children between the ages of 9 to 12 should get at least 10 hours of sleep every night.

The right amount of nutrition, exercise and sleep is important for healthy growth.

Good food or Bad food?

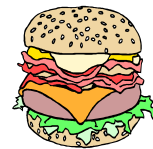
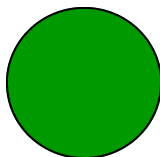
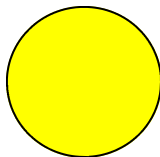
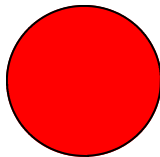


Red = limit the foods you eat like candy, pizza, candy bars, French fries, soft drinks, cookies, foods with a lot of salt and/or sugar.

Yellow = eat small amounts of foods like hamburgers, spaghetti, macaroni and cheese, fruit juices.

Green = follow the food pyramid when eating foods like apples, bananas, fish, chicken, milk, salad, nuts, carrots, potatoes, water.

Match the picture to the red, yellow or green circle by using what you learned above.



MESSAGE TO THE PARENT

The "Weigh to Go" coloring and activity book was created to educate you and your child. We encourage you to talk to your child about each topic while helping with activities in this book. Below are some suggestions on how you may help keep your child from being at risk in becoming overweight.

Eat together and play together

- ✓ Take frequent walks or bike rides with your child.
- ✓ Do not force your child to eat everything on their plate.
- ✓ Take a trip to the local park to play with your child.
- ✓ Eat meals together as a family at the kitchen table with the television turned off.
- ✓ When eating at fast food restaurants encourage your child to order small portions and healthier choices.
- ✓ Encourage your child to drink cold water, 100% fruit juice (limited to up to 6 ounces a day) or 1% nonfat milk **instead** of soft drinks.
- ✓ Insist your child to become active in physical activity instead of watching television, playing computer games or video games.

Physical Activity

Always remember as a parent YOU are a role model and being a good role model for your child is the easiest way to help them become more active. Keep several different games available so your child will have a choice of things to do. It doesn't have to cost a lot to provide your child with balls, hula-hoops and jump ropes. Make family exercise outings part of your family routine. Anything goes as long as everyone can take part.

Nutrition

Good nutrition is important for good health. The best thing you can do to start your child off on the right foot is to eat right yourself. If you are asking your child to eat vegetables and fish, make sure your child doesn't see you eating potato chips or candy. Your actions speak louder than words, so make sure you practice what you want to teach your child.

What makes a serving?

- 1 or 2 small cooked broccoli spears
- 5 to 7 cooked baby carrots
- 1/3 to 1/2 cup of melon
- 5 to 7 strawberries
- 1/3 to 1/2 cup of brown rice or mashed potatoes
- 1/4 cup meats such as turkey
- 1 or 2 chicken drumsticks

MyPyramid

On the next page is a food pyramid for children. Please read and learn the foods your child should be eating and the amount they should eat. Teach this to your child! For more information go to www.mypyramid.gov.

Daily Food and Activity Journal

On the back of the food pyramid is a daily food and activity journal. Make copies or make your own chart to help your child track what they are eating, how they are exercising and how they are feeling. This journal will help them eat healthy and be physically active.

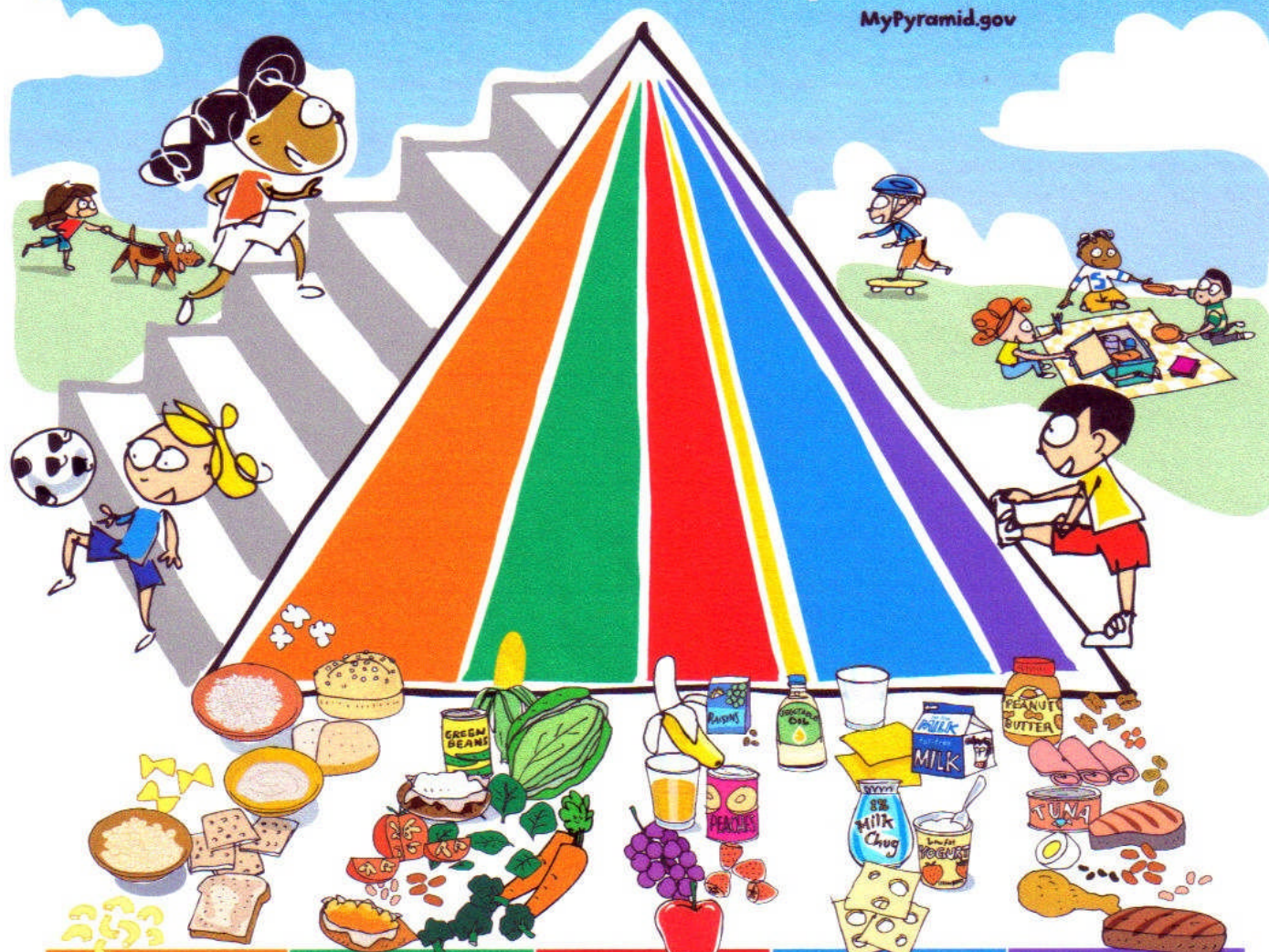
**Remember...families that play together,
stay fit together!**

MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies. What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits

Focus on fruits

Fruits are nature's treats — sweet and delicious. Go easy on juice and make sure it's 100%.

Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day:
at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day:
for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day



Oils

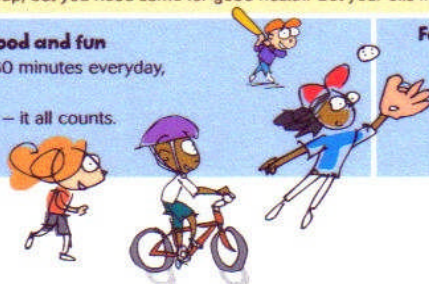
Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade — it all counts. How great is that!

Fats and sugars — know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



U.S. Department of Agriculture
Food and Nutrition Services
September 2007
190-381



Daily Food and Activity Journal

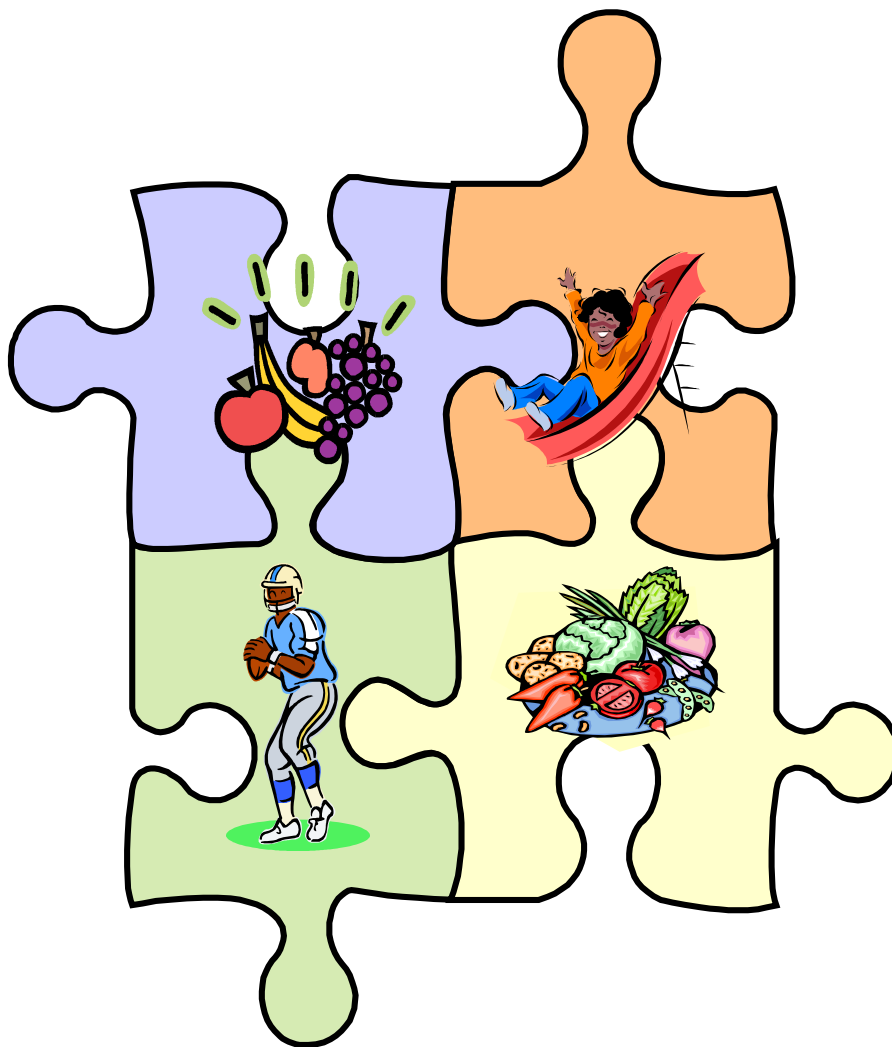
Date and Time	Food & Drink (type & amount)	Physical Symptoms, Thoughts, & Feelings	Am I Hungry?
Breakfast			
Lunch			
Healthy Snack			
Dinner			
Healthy Snack			

What Did I Do to be Active Today? (Include time)	Food for Thought (Note challenges, reminders, questions)
What Did I Do for Myself Today?	What Do I See as My Goal Tomorrow?



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for ages 9 to 12



*This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider.
Please consult your healthcare provider for advice about a specific medical condition.*

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